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NEW QUESTIONS

Conjecture and conspiracy abound after disgraced financier Jeffrey Epstein was found dead by apparent suicide Saturday while in federal custody in Manhattan, one day after documents were unsealed detailing an alleged inner circle and weeks after a first alleged suicide attempt, prompting an FBI investigation into the how and why of his detention’s failure. 2

ALL IMAGES REUTERS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
85° | 72°	81° | 71°	80° | 70°	78° | 68°	79° | 70°
Sunny	Heavy rain	Chance T-storms then mostly cloudy	Sunny	Sunny

Epstein found dead in jail cell in apparent suicide, was not on watch

Procedure requiring inmate checks every 30 minutes was not followed, a source said.

REUTERS

Disgraced financier Jeffrey Epstein was found dead on Saturday after an apparent suicide in the New York jail cell where he was being held without bail on sex-trafficking charges, and a source said he was not on suicide watch at the time of his death.

Epstein, 66, was found unresponsive in his cell in the Special Housing Unit of the Metropolitan Correctional Center (MCC) and taken to a hospital where he was pronounced dead, the Federal Bureau of Prisons, which operates the Lower Manhattan jail, said in a statement. It declined to comment further.

Epstein, a well-connected money manager dogged for years by allegations that he sexually abused girls and young women, was found hanging by his neck, according to the source, who was not authorized to speak on the record.

The financier, who once counted Republican President Donald Trump and Democratic former President Bill Clinton as friends, was arrested on July 6 and pleaded not guilty to charges of sex trafficking involving dozens of underage girls as young as 14, from at least 2002 to 2005.

> **"Mr. Epstein's death raises serious questions that must be answered."**
>
> U.S. Attorney General William Barr

The FBI and the Department of Justice's Inspector General were opening investigations into his death, U.S. Attorney General William Barr said, adding that he was "appalled" to learn of the apparent suicide in federal custody.

Last month, Epstein was found unconscious on the floor of his jail cell with marks on his neck, and officials were investigating that incident as a possible suicide or assault.

"Mr. Epstein's death raises serious questions that must be answered," Barr said in a statement.

Even though Epstein was found unconscious last month, he had recently been taken off suicide watch, a special set of procedures for inmates in danger of taking their own life, according to the source. The financier was in a cell by himself when his body was found.

It was not immediately clear why Epstein was taken off suicide watch.

At the MCC, two jail guards are required to make separate checks on all prisoners every 30 minutes, but that procedure was not followed overnight, according to the source. In addition, every 15 minutes guards are required to make another check on prisoners who are on suicide watch.

Guards generally remove any prisoner placed on suicide watch from the Special Housing Unit where Epstein was housed, according to a Twitter post by Preet Bharara, a former Manhattan-based U.S. Attorney. The unit separates inmates such as accused sex offenders from the general population for their protection.

Aja Davis, a spokeswoman for the New York City Office of the Chief Medical Examiner, said she could not say how Epstein died before her office examined the body.

INVESTIGATION TO CONTINUE

Epstein was arrested on July 6 at a New Jersey airport after taking a private plane from Paris. Last month, a judge refused Epstein's request to release him on bail and allow him to live under 24-hour guard in his opulent townhouse on Manhattan's Upper East Side. The financier was appealing that ruling.

Prosecutors said a search of his townhouse, conducted under a warrant, uncovered evidence of perhaps thousands of nude photographs of "what appeared to be underage girls," including some photos cataloged on compact discs and kept in a locked safe.

In a court filing on July 25, the government said it was pursuing an "ongoing investigation of uncharged individuals" in connection with the case.

That investigation, by the U.S. Attorney's Office in Manhattan, will continue despite Epstein's death, a different source familiar with the matter said.

"Today's events are disturbing, and we are deeply aware of their potential to present yet another hurdle to giving Epstein's many victims their day in court," Geoffrey Berman, the U.S. Attorney in Manhattan, said in a statement. "Our investigation of the conduct charged in the indictment — which included a conspiracy count — remains ongoing." REUTERS

Nationals halt Mets' eight-game winning streak

2 Asdrubal Cabrera got a measure of revenge on his former team, as Washington's newest infielder laced a tiebreaking two-run double in the seventh inning and the Nationals finally slowed down the New York Mets with a 7-4 win Sunday afternoon. By stopping the Mets' eight-game winning streak and salvaging the finale of the three-game series, the Nationals ensured they would retain at least a share of the top National League wild-card spot. The Mets, who lost for just the second time in 17 games, entered Sunday a half-game behind the Nationals and Milwaukee Brewers. Cabrera also hit the ball that resulted in a three-base, three-run error by the Mets in the first. The 33-year-old played for the Mets from 2016 until July 2018. He said this week he and his family were upset when New York chose to sign Jed Lowrie instead of him last winter. REUTERS

Goldman: US-China trade war recession fears stoked

3 Goldman Sachs Group Inc. said on Sunday that fears of the U.S.-China trade war leading to a recession are increasing and that Goldman no longer expects a trade deal between the world's two largest economies before the 2020 U.S. presidential election. "We expect tariffs targeting the remaining $300 billion of U.S. imports from China to go into effect," the bank said in a note sent to clients. President Trump announced on Aug. 1 that he would impose a 10 percent tariff on a final $300 billion worth of Chinese imports on Sept. 1, prompting China to halt purchases of U.S. agricultural products. The U.S. also declared China a "currency manipulator." China denies that it has manipulated the yuan for competitive gain. "Overall, we have increased our estimate of the growth impact of the trade war," the bank said in the note, authored by three of its economists. REUTERS

WHO: No new Ebola cases in Congo hub; 1,300 vaccinated

4 The World Health Organization said it has vaccinated over 1,300 people who potentially came into contact with the Ebola virus in the Congolese city of Goma, helping contain what many feared would be a rapid spread in an urban center. A yearlong Ebola outbreak in eastern Democratic Republic of Congo has killed at least 1,800, the second-biggest toll ever, and efforts to contain the virus have been hobbled by militia violence and some local resistance. "Ongoing vaccination activities have reached the majority (98%) of eligible contacts, and 1,314 contacts ... have been vaccinated to date," the WHO said in a statement last week. No new confirmed cases had been reported in Goma since the WHO's previous report on Aug. 2. The experimental Ebola vaccine, developed by Merck, has proven to be a key weapon against the hemorrhagic fever. REUTERS

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SUMMER IN THE CITY: SAT / AUG 17

12–9pm	Uptown Saturday Concert at W. 135th St. b/w St. Nicholas Park & Malcolm X Blvd.
12–5pm	Higher Education Fair & Expo at W. 135th St. b/w ACP, Jr. Blvd. & Malcolm X Blvd.
12–6pm	Dancing in the Streets | HAA Artz Rootz & Rhythm | Fashion Flava | Memphis/Harlem Artists at St. Nicholas Ave. Stage
12–5pm	NYC Children's Festival Part I at W. 135th St. b/w Malcolm X Blvd. & 5th Ave.
3–5pm	Harlem "Spelling Bee" at Schomburg Center for Research in Black Culture
6–9pm	Memphis/Harlem Artists | ImageNation Film Festival Screening of *If Beale Street Could Talk* at St. Nicholas Park Great Lawn

HARLEM DAY: SUN / AUG 18 at W. 135th St. b/w St. Nicholas Ave. & 5th Ave.

9–10am	Parade of Automobiles
10am–4pm	Upper Manhattan Auto Show
12–6pm	Business Expo | Health Village
12–7pm	Sundae Sermon | Apollo Amateur Hour | HAA Artz Rootz & Rhythm | Concert featuring Ray Chew & The Crew at St. Nicholas Ave. Stage
12–7pm	Back to School Fashion Show | Taste of Broadway at YMCA Stage
12–7pm	Tribute to Cal Ramsey | Auto Show Awards | NYC Children's Festival Part II | Memphis/Harlem Artists at W. 135th St. b/w Malcolm X Blvd. & 5th Ave.

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Car ban for Manhattan's 14th St screeches to halt

Last-minute ruling comes two days before buses, trucks set to take over.

MATT KINSEY
matt.kinsey@metro.us

A last-minute court decision on Friday has frozen the city's plan to increase public-transit travel times along 14th Street in Manhattan by banning all through traffic between morning and evening rush hours, and reducing permitted vehicles to one lane in each direction.

The car ban, praised by transit advocates, was set to begin today at 6 a.m. but received pushback from area residents after courts gave the green light last week.

Last Tuesday, State Supreme Court Justice Eileen Rakower ruled in favor of the city and against local neighborhood associations that had sued in June to block the car ban for environmental reasons — namely, overflow traffic on surrounding residential streets, as well as the threat of increased "air pollution" and "noise pollution."

Rakower previously had issued an injunction on the pilot program, postponing the car ban from taking effect July 1.

On Friday, New York City Appellate Judge Troy Webber reinstated that injunction, granting a stay to the plaintiffs, who appealed Rakower's decision on Thursday — thereby preventing the city from going ahead with its plans for a second time.

"We can all breathe easier," said Arthur Schwartz, the lawyer who represented the block associations and is a West 12th Street resident himself, in a statement published in the Wall Street Journal. "What the DOT wants to do has no relationship to sound urban planning."

The "Transit and Truck Priority" lanes plan originally was developed by NYC's Department of Transportation to boost east-west crosstown bus service for passengers affected by the now-canceled shutdown of the L train for repairs. The car ban is the first of its kind for any major thoroughfare in New York City and was expected to last 18 months. NYC DOT has estimated bus speeds would increase more than 30 percent for nearly 30,000 riders.

30%

NYC DOT has said bus speeds would increase 30 percent for 30,000 riders.

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After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

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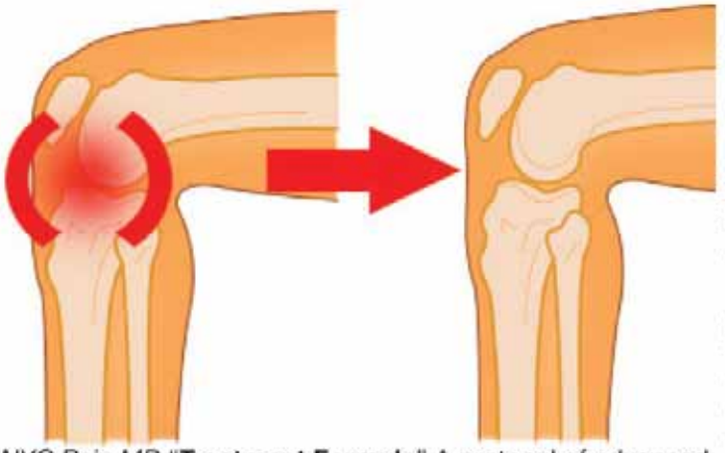
If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

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- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

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GETTY IMAGES

Who is the murkiest speaker in the 2020 race? AI has the answer

Biden's latest gaffe might be elocution.

MICHAEL MARTIN
letters@metro.us

Donald Trump is not the most unintelligible candidate in the 2020 presidential race.

That honor belongs to Joe Biden. This is what artificial intelligence has determined via Trint, an app that uses AI to automatically transcribe audio and video. The company fed a speech sample from the top 11 Democratic candidates — their closing statements from the first primary debate last June — along with a snippet from Trump.

The candidates with the highest percentage of transcription accuracy are theoretically the most understandable — at least to robots.

Despite their diametrically opposed accents, Sens. Amy Klobuchar (D-MN) and Bernie Sanders (D-VT, but still clinging to his Brooklyn honk) came in tops, with 100 percent accuracy. Sen. Cory Booker (D-NJ) and California businessman Andrew Yang were close behind with 99.5 percent and 99.24 percent, respectively. Sens. Elizabeth Warren and Kamala Harris, and Pete Buttigieg, Marianne Williamson and Julian Castro were all in the 98th percentile.

Coming in last: Trump, with 97.37 percent accuracy, crowdpleaser Beto O'Rourke (95.83 percent) and Biden, the famed "retail politician" with the common touch (95.33 percent).

"All of these people speak well," says Trint CEO Jeffrey Kofman. "It's just that certain speech behavior that will determine how AI can recognize what you're saying. If you swallow some words, AI is not going to put those words in. If what you've said is a little garbled, the outcome will reflect that."

Why might Bernie Sanders, who speaks with a thicker version of the old-school New Yorkese sometimes favored by Trump, beat the president to a perfect score? "He speaks really loudly, and he tends to enunciate quite well," says Kofman, who founded Trint after 30 years as a journalist with ABC, CBS and the CBC. "AI likes that. It's the people who eat their words, who tend to let them trail off, that tend to be more challenged."

What other lessons do the results hold for public speakers of any stripe? "It's kind of like a grade-school elocution class, what a teacher might have said a generation or two ago," says Kofman. "Speak slowly and enunciate. Come to a full stop. All those things were true in the '50s and '60s, and AI is kind of bringing them back."

The algorithm used to analyze the speech samples is known as WER, or word error rate; as anyone with a smartphone or Google Home knows, speech-recognition technology is moving fast. Trint will soon offer live transcription and instant multilingual translation, geared toward the instant dissemination of information the media ecosystem requires. Whether it helps with our political digestion remains to be seen. Theoretically, voters could use AI apps to create instant personal transcripts of debates or speeches for their review and reflection."This is our brave new world of technology," says Kofman. "I think it is really an interesting exercise to kind of stand back and say, you know, technology has no political bias. In its purest form, what can it say about how people communicate?"

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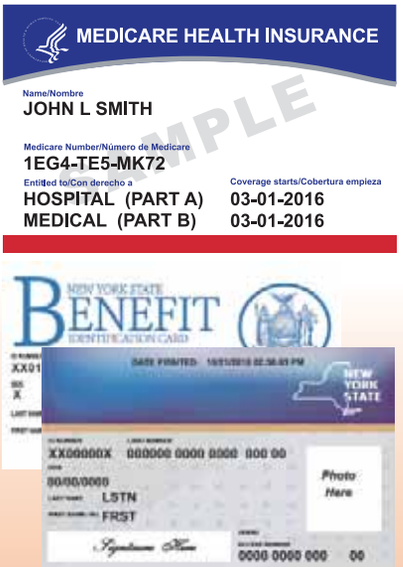

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Eva Longoria: 'Dora represents the values of the Latino community'

Just two months after becoming a mother, the actress gave life to the mother of the popular cartoon character with "Dora and the Lost City of Gold."

MARIA ESTÉVEZ, MWN
letters@metro.us

Longoria divides her time between her struggle to help raise awareness among her community, and her work as a powerful businesswoman and actress-producer within the Hollywood industry. "Dora and the Lost City of Gold," which premieres on Aug. 9, is a film with a young girl as a star, an animated icon that jumps to the big screen showing Hispanic values to the entire planet.

Longoria, who was born in Corpus Christi, Texas, in 1975, gives life to the mother of the young adventurer and it's the very first time the actress plays a mother — just two months after giving birth to her son Oscar. The film sees Isabela Moner as Dora, alongside co-stars Eugenio Derbez, Michael Peña, Danny Trejo and Benicio del Toro.

Metro chatted with a woman who has become a symbol for the Latino community in the U.S.

PROVIDED

You are a woman who inspires the Hispanic community. You have studied Chicano history, you have asked for the Latino vote and you do everything with a smile. What drives you?

That's a good question, but I don't really know why. Help is part of my natural DNA. Helping others, supporting our community, encouraging them to vote. ... I dedicate my work and my voice to causes that need focus. I know it comes from my family, from my mom, from my sisters, from my sister who has special needs. I grew up participating in many of my neighborhood's community programs, at charity centers that helped people like my sister. And my mother always encouraged us to contribute voluntarily by helping. She was a female fighter who worked very hard throughout her life. I often think that I am not doing enough to match her.

But you're relentless! You just came back from Marbella where you participated in a charity gala...

Yes. We opened the Global Gift House there, an amazing house for children who need help. We have five foundations where children can go to receive the therapies they need at the house. I am very proud and I feel very emotional contributing to these causes.

Your career, as a mother and a businesswoman, is at its best. Why did you decide to participate in "Dora," a film where you are not the lead but the mother of the star?

This is a very important project for our community. Adapting an icon like Dora is sensational. She represents the values of the Latino community: family, courage, education, intelligence. For me, it was an honor.

What did it mean for you to go to Australia to shoot this film?

It scared me. I had just had my son two months [prior] and I was breastfeeding, I was not sleeping, I was fat. ... I thought about it, but talking to Pepe, my husband, he told me that I had to do it because it was an incredible project. He convinced me because he assured me that I had his support, that he was going to be there helping me. We went and, although I didn't sleep at all, I didn't care because the Australian schedule drove me crazy. Fortunately, the director and the actors adapted to my schedule and allowed me to have a more open schedule and days offs, depending on my circumstances.

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NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments*... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

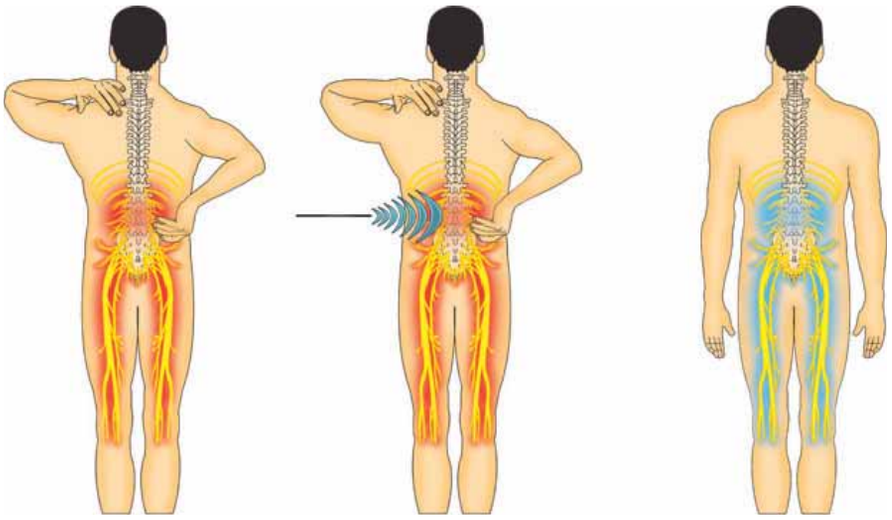
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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The new Amazon documentary *'Free Meek'* puts our judicial system on trial

ALL PHOTOS AMAZON

We spoke with investigator Tyler Maroney about the injustices that have followed the Philly rapper for over a decade.

PAT KING
patrick.king@metro.us

Philly rapper Meek Mill never thought that a possession-of-firearms conviction when he was 18 years old would lead to a life of constant surveillance and borderline harassment from the American judicial system. But that has been his life for the past 14 years, as an overly harsh judge used dubious technicalities as parole violations that have sent him in and out of prison. In "Free Meek," the new five-part documentary series on Amazon Prime, Tyler Maroney and Luke Brindle-Khym of the investigative firm QRI, the same firm that produced the documentary "The Case Against Adnand Syed," took a deep dive into Meek's case up until his release from prison in 2018. We spoke with Maroney about working with Meek and the deep-rooted issues that need to be solved in our criminal justice system.

What initially drew your investigative firm to this project?

We got the assignment from Roc Nation because they had an artist, Meek Mill, who had been arrested and literally thrown in prison for a probation violation. Roc Nation and all of Meek's friends and family and advocates were completely shocked at the severity of that punishment for such a minor probation violation that they decided that they wanted to amass as

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many resources as they could to help them. One of those resources was us. We were brought to the table because our private investigations firm specializes in investigative work that supports the criminal-defense mentality. So we see ourselves in many ways as contrarians to the official record. We've worked with organizations that fight wrongful convictions like the Innocence Project. And we've worked with civil-rights firms and other nonprofits that are set up to right the wrongs of the criminal justice system. In many ways, our mindset jives well with this assignment. It was a challenging, fascinating and ultimately successful case.

Do you feel as though investigative true-crime documentaries in the streaming era are now useful tools to help energize the public to demand justice in instances of wrongful convictions? Do you see them as a new form of checks and balances on the justice system?
I love that question because in many ways, yes. On one end of the spectrum there is a lot of "true-crime smut," and on the other end there are films like "Free Meek" and other films — "The Jinx," for example. It's not necessarily shining a light on the criminal justice system, but they are revealing information that the media has not otherwise had the resources or the motive to reveal. With respect to documentaries that are as well-produced and tell the narrative in a way that is compelling that "Free Meek" does, it allows us to counter the official record that may not be accurate from the outside. People talk about wanting to make a change in society, they often think about writing to your congressperson or voting for new elected officials. Which is, of course, a valuable tool. But if that doesn't work in the current environment where we're at, where we have a president and we have elected officials who are rolling back criminal justice reform, it's investigations like ours, legal minds like Meek's lawyers and documentaries like "Free Meek" that are able to, we hope, open people's eyes and inspire the electorate to think long and hard about what they can do to right the kind of wrongs that Meek had to suffer through.

Do you think Meek's case was affected negatively or positively given his profile as a rapper?
It's hard to imagine that this would have a negative impact because not only is Meek's story compelling, but he's somebody who fought through perceived wrongs and had his case overturned. So, he prevailed in the criminal justice system. Then, quite literally, he put his money where his mouth [was] and helped to form a nonprofit called The From Alliance with many others contributing, because he has many other wealthy friends who believe in this cause. Not only did his symbolic case get attention but he's helping contribute resources that are going to be used to start fighting the kind of injustices he himself suffered through, because he recognizes that this system disproportionately affects many Americans, mostly who are black.

What is something that you hope people walk away understanding about the broken aspects of the prison and parole system that Meek had to go through?
I think one of the big takeaways is that Meek's system — and Meek is unique because he is rich and famous by his own admission, but he's not unique in that he was and is a young African-American man who feels like he is under the surveillance of a police state. He is and was living under conditions that were intolerable and that our society does very little to be sympathetic to. He was lucky enough to have the talent and the drive to get himself out of that. But many, if not most, of those who went through exactly what Meek went through are still in prison, or are dead, or are on probation now. I suppose the hope is that this investigation which lead to Meek's freedom, which lead to this kind of media, which leads to film on Amazon, will inspire others to keep that hope up.

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Why are we buying more and more on the internet?

ISTOCK

Metro investigates the phenomenon.

LUZ LANCHEROS
letters@metro.us

Technology is killing retail. To the point that it had to reinvent itself. But beyond the economic issues, the internet has provided customers with a new feature: see it and get it now. Everything, and immediately! Well, despite the fact it might take up to two months for the product to be shipped from China.

According to statistics, e-commerce sales are growing globally. Statistics state that the segment reached $669 billion in January of this year.

"We develop a friendly and secure platform where we have several advantages for customers. A protected purchase program, free shipping with minimal risks. We feature recognized brands, as well as loyalty programs with competitive prices. But also, a clean process for the client to have an impeccable experience with us," Juan Camilo Pachon, marketplace manager of Mercado Libre, one of the largest online buying and selling communities in Latin America, explained to Metro.

Yes, everything is easier for those who are busy, or those who want everything at the distance of a click. However, problems do emerge when people are struggling with other issues and forget about the balance while making purchases.

I buy, then I exist

Many people, having more payment options and more possibilities to access credit, face serious problems of self-control.

"If a person lacks self-control, the ideal would be not to be exposed to social networks, to be accompanied to control these compulsions. When something is bought impulsively, there is a tendency towards low self-esteem. That is why this lack of self-love is mitigated with shopping," Milena Ruiz, psychologist, told to Metro.

But, according to experts, there is no need to demonize online shopping.

"New technologies do not give you time to reflect, and online shopping is related to impulse buying. And while impulse buying is often generated by emotional gratification, there are also purchases that help us solve problems. That is, not everything is negative. What you have to ask yourself is what is behind this purchase and about the frequency you are buying products. How it becomes pathological, which is what we see with compulsive accumulators ("Without this I do not succeed, I am worthless, I am not well"). But there is also something else: the pleasure of acquiring things. And in society this is considered a synonym of success. While there is a more conscious trend, this continues to dominate. There is also a problem of connecting the goods with personal fulfilment," Carine Gómez, director of virtual psychology at the Andean Area University Foundation, stated.

"The other big problem is that we privilege aesthetics over other elements of our humanity," Gomez concluded.

And this is a huge question: Is our welfare worth months of debt?

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Aries Keep your finger on the pulse. The more you know, the better you will understand what's going on around you. Refuse to let your emotions take the reins.

Taurus Strive to get things done. Put quality first and quantity second. If you learn from your mistakes, you'll come out on top. Keep your distance from inconsistent people.

Gemini Focus on personal relationships. Refuse to let an outsider cause a problem for you at home or with someone who has always been there for you in the past.

Cancer Do things your way. If you let your creative imagination take charge, you'll come up with ideas and solutions that will impress onlookers and boost your confidence and reputation.

Leo Expand your circle of friends if it will help you excel. Branching out will encourage you to use your skills in innovative ways. A personal change should be based on facts, not on hearsay.

Virgo Be prepared to act if someone makes an unexpected choice. Your actions should send a positive message. A steady pace forward is encouraged.

Libra Helping someone else will lead to personal gain. Look for an opportunity that will help you expand into new territory with your work, relationships or educational pursuits.

Scorpio Listen and learn. Patience and discipline will be your ticket to success. Don't fall for someone's grandiose plans that could leave you in a vulnerable position. Do your own thing.

Sagittarius One door closes, but another door opens. Follow your heart, embrace personal growth and take steps to implement a healthy, less stressful lifestyle. Romance is highlighted.

Capricorn Make a change if it will help keep the peace. Listen to complaints and share your feelings. Compromise will make a difference when dealing with domestic problems.

Aquarius Concentrate on what you are trying to achieve. If you explore new possibilities, you'll come up with a way to use your skills to bring in more cash. Romance is encouraged.

Pisces How you help others will reflect the type of person you are. The changes you bring about will make a difference and encourage others to do things for themselves. Practice moderation. EUGENIA LAST

VAN WAGENEN'S FINGERPRINTS ALL OVER METS' RESURGENCE

PANTORNO'S PERCH

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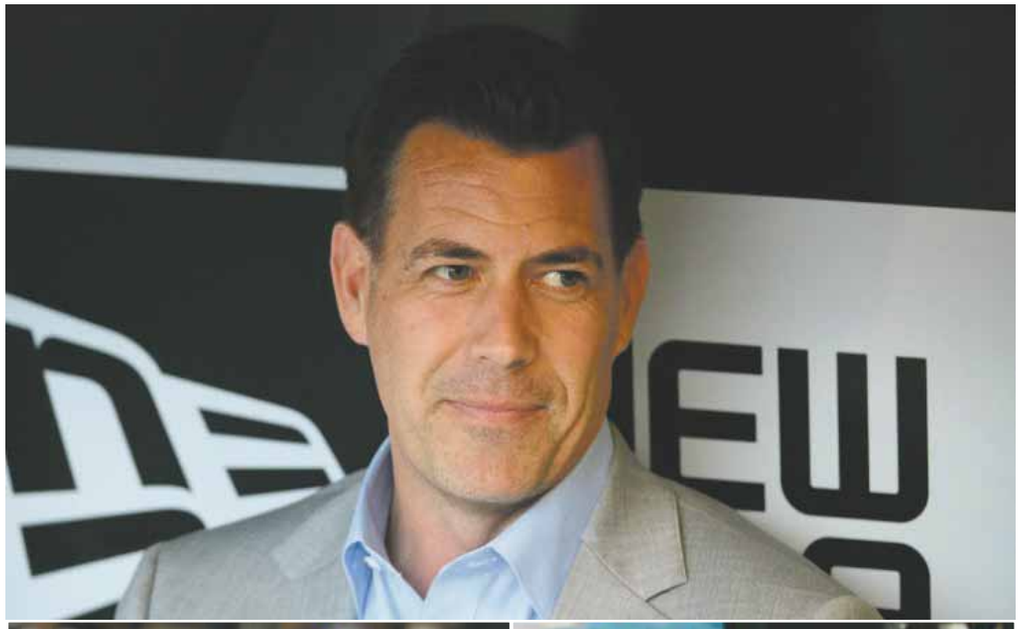

General Manager Brodie Van Wagenen's team is suddenly in the thick of the playoff race after being written off earlier this summer. GETTY IMAGES

I was wrong about the Mets.

You were wrong about the Mets.

Everyone you watched on TV or heard on the radio was wrong about the Mets.

Not only are the Mets back in this thing in 2019, but Brodie Van Wagenen might be getting the hang of this general-managing thing.

The former-agent-turned-GM has received his fair share of criticism over the past five months. And deservedly so.

You're susceptible to that kind of vitriol when your team is 10 games under .500 at the All-Star break.

In New York.

While leading a success-starved franchise that has played little brother to the Yankees for most of its existence.

And after telling the rest of the National League East to "come and get us."

It looked like that was a quote steeped in tomfoolery, seeing as his initial moves at the helm went rotten.

He traded promising prospects in Jarred Kelenic and Justin Dunn for closer Edwin Diaz and veteran second baseman Robinson Cano.

That move backfired.

Diaz went from unhittable with the Mariners, posting 65 saves with a 1.96 ERA last year, to liability with the Mets. He's blown five saves this year with an ERA over five.

Cano didn't find much more success in Queens. A career .302 hitter who has averaged 24 home runs per 162 games, Cano was batting just .252 with 10 home runs before tearing his hamstring.

One of his big free-agent signings of the winter, Jed Lowrie, still hasn't appeared in a single game this season as he's dealt with a litany of injuries.

Those three acquisitions were at the epicenter of Mets fans' complaints as the team was left for dead by almost everyone in June.

The noise only grew louder at the trade deadline, when Van Wagenen went out and acquired Marcus Stroman from the Toronto Blue Jays — a questionable, aggressive move for a team that was five games under .500 at the time.

Usually, teams in the Mets' situation are sellers at the deadline rather than buyers, which made Van Wagenen the butt of jokes once again from those around baseball.

But Brodie might be the one poised to deliver the punch line now because, at the moment, he's built a playoff contender.

The Mets are the hottest team in baseball, enjoying their best stretch of play in 28 years that's featured 21 wins in their first 26 games back from the All-Star break.

Now, they're knocking on the door of a Wild Card spot after two exhilarating, come-from-behind victories over the Washington Nationals over the weekend. And Van Wagenen's fingerprints are all over it.

He fired pitching coach Dave Eiland on June 20 and promoted 82-year-old Phil Reagan to the position.

Adding Stroman to a rotation that already featured Jacob deGrom, Noah Syndergaard, Zack Wheeler and Steven Matz created one of the most imposing pitching staffs on paper.

A bruised-up bullpen got Jeurys Familia and Justin Wilson back from injury while Seth Lugo has been the team's most valuable reliever.

The Mets' pitching staff has a team ERA of 2.89 since July 12 while the starters have a 2.37 ERA in their past 22 outings.

While Cano and Lowrie headlined Van Wagenen's offseason moves, some other acquisitions have stepped up in big ways.

Catcher Wilson Ramos has not been a star by any means, but he's been tremendous when hot. It just so happens that he's red-hot right now, batting .387 with three home runs and 13 RBI in his last eight games.

That included six RBI in the Mets' 7-5 win over the Pittsburgh Pirates on Aug. 3 and a game-tying home run on Saturday night against the Nationals.

Van Wagenen's best move of the winter is turning out to be the theft of JD Davis from the Houston Astros.

The Mets acquired the seldom-used third baseman, who appeared in just 66 games from 2017-2018, for three mid-tier prospects.

He's repaid the Mets and Van Wagenen tenfold in 2019.

In 100 games for New York, Davis is slashing .308/.373/.525 with 14 home runs. His emergence has provided the Mets with some all-important depth in the outfield after losing Yoenis Cespedes, Brandon Nimmo and Dominic Smith to injury throughout the year.

It hadn't been appreciated more than it was over the weekend as Davis homered in the first two games of the massive series against Washington.

His opposite-field blast on Friday night was the second leg of a back-to-back with Pete Alonso in the fourth inning to tie the game at three. The Mets would fall behind 6-3 before rallying in the ninth to win it.

Down 2-0 on Saturday night, his solo shot got the Mets on the board. Ramos tied the game in the very next at-bat.

Saturday night also saw Luis Guillorme repay Van Wagenen for his confidence in him.

The utility infielder was batting just .156 in 21 appearances this season and looked like a logical choice to be designated for assignment after the Mets signed Joe Panik on Friday.

However, Van Wagenen let go of veteran Adeiny Hechavarria, much to the surprise of the Flushing Faithful.

Maybe we should ease up on questioning Van Wagenen, at least for the time being.

Down 3-2 in the bottom-of-the-eighth after Juan Soto's third home run of the series on Saturday night, Guillorme provided a game-tying, pinch-hit home run off Fernando Rodney to send Citi Field into a playoff-like frenzy.

It was Guillorme's first-ever home run in the 100th game of his MLB career.

This is something out of a storybook, which is usually only reserved for the Yankees. They have pieced together a juggernaut this year with plenty of no-names of their own.

But as the Mets continue to streak up the standings in the National League, it's starting to feel a lot like 2015, when a second-half surge lifted the team to the pennant.

There's obviously a long way to go before those illusions of grandeur have the slightest chance of coming to fruition, but there's something special brewing in Queens.

And Brodie Van Wagenen has a chance to get the last laugh because of it.

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Vlad Guerrero Jr. (left), Cavan Biggio (center) and Bo Bichette (right). GETTY IMAGES

Young Jays core could soon be thorn in Yanks' side

Toronto's trio of promising youngsters could develop into a power in the AL East.

JOE PANTORNO
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There's no stopping the Yankees this year, at least during the regular season.

Despite the overwhelming amount of injuries that have hampered the roster, the Bronx Bombers are still very much in the driver's seat in the American League East. They have a comfortable lead over the second-place Tampa Bay Rays and were a whopping 15 games up on the defending-champion Boston Red Sox entering Sunday.

Only the Houston Astros are challenging the Yankees for the best record in the American League.

With a record that's more than 30 games over .500 and with little competition from within the division, it's understandable for the slightest bit of complacency to set in — especially during the dog days of summer.

However, subpar pitching efforts will always be met with concern after General Manager Brian Cashman was quiet at the trade deadline.

Friday night saw JA Happ get tagged for six runs in five innings of work against the Toronto Blue Jays as his 2019 ERA rose to a disappointing 5.48 ERA.

Over his last eight starts, his ERA is at a swollen 7.26.

It wasn't the most productive weekend against one of the AL East minnows in the Blue Jays.

Toronto's season has been over for quite some time, sitting over 25 games out of first place in the division behind the Yankees.

Yet, there's plenty of reason for optimism up North.

And plenty of reason for some concern regarding the Yankees' reign over the AL East.

The Blue Jays called up a trio of future MLB All-Stars in the making this season, whose bloodlines have been engrained in the game over the past three decades.

Their most-heralded call-up was their first of the year, promoting top prospect and third baseman Vladimir Guerrero Jr. in late April.

The son of Hall of Famer Vlad Sr., Guerrero was heralded as the game's next big power hitter. While his in-game numbers have lagged with 13 home runs in his first 87 games, he put on a show in the Home Run Derby by hitting 91 in a second-place finish behind Mets star rookie Pete Alonso.

Guerrero was joined by second baseman Cavan Biggio a month later. His father, Craig, recorded 3,060 career hits on his way to Cooperstown.

He's the oldest of the Blues Jays' promising triumvirate, best known for his plate discipline that harkens back to his dad's days with the Houston Astros. Despite a .208 average in his first 62 MLB games, his on-base percentage is at a healthy .338.

With a 162-game pace of 27 home runs, the power is a bonus.

Over the past two weeks, however, most of the attention has been focused on Bo Bichette, who got his nod to the majors just before the MLB trade deadline at the end of July.

Bo's father, Dante, enjoyed a 14-year MLB career that featured four All-Star selections and a 40-home run season 1995.

It's been a barnstorming debut for the 21-year-old shortstop, who was slashing .357/.419/.732 entering Sunday.

In his first 13 games, he became the first player in MLB history to double in nine straight games while rekindling some excitement in Toronto.

The Blue Jays went 9-4 in those first 14 games, which included a series victory over the second-place Rays.

They're only going to get better as they continue to find their footing in the majors. And with that imposing centerpiece in place, the Yankees might have to worry about another team in the division mounting a run for them in the coming years.

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As a participant, you will be asked to attend one baseline session, 12 Acupuncture/Moxibustion sessions and three follow-up sessions, maintain a symptom diary and complete questionnaires.

There is no medication given as part of this study.

Compensation: You will be compensated for your time. If you attend all your sessions, you will receive a total of $220. You will also receive a round trip Metrocard at the end of each session to cover your travel expenses.

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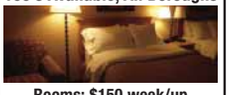

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SUPREME COURT OF THE STATE OF NEW YORK - COUNTY OF QUEENS
SABR MORTGAGE LOAN 2008-1 REO SUBSIDIARY-1, LLC, V. JOSE MEDINA, ET AL.

NOTICE OF SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated June 10, 2019, and entered in the Office of the Clerk of the County of Queens, wherein SABR MORTGAGE LOAN 2008-1 REO SUBSIDIARY-1, LLC is the Plaintiff and JOSE MEDINA, ET AL. are the Defendant(s). I, the undersigned Referee will sell at public auction at the QUEENS COUNTY COURTHOUSE, 88-11 SUTPHIN BLVD. COURTROOM #25, JAMAICA, NY 11435, on September 6, 2019 at 10:00 AM, premises known as 91-08 77TH ST., WOODHAVEN, NY 11421: Block 8950, Lot 33:

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Premises will be sold subject to provisions of filed Judgment Index # 6030/2009.
Leslie Nizin, Esq. - Referee.
RAS Boriskin, LLC
900 Merchants Concourse, Suite 310, Westbury, New York 11590,
Attorneys for Plaintiff.

LEGAL NOTICES

NOTICE OF FORMATION of KING SPIDER LLC. Arts. of Org. filed with the Secy. of State of New York (SSNY) on 02/28/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o Geoffrey Oluwafemi Ogunlesi, 1000 Park Ave., Apt 8A, New York, NY 10028. Registered Agents Inc. is designated as agent for the LLC at 90 State St., Ste 700, Office 4, Albany, NY 12207. Purpose: Any lawful purpose.

NOTICE IS HEREBY GIVEN that a license, Number 1319777, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Cafe under the Alcoholic Beverage Control Law at 146 W. 46th St., New York, NY 10036. New York County, for on-premises consumption. D&Y 46 Corp.

NOTICE IS HEREBY GIVEN that a license, Serial # 1319969, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 575 W. 207th St., New York, NY 10034. New York County, for on premise consumption. Galicia Tapas LLC.

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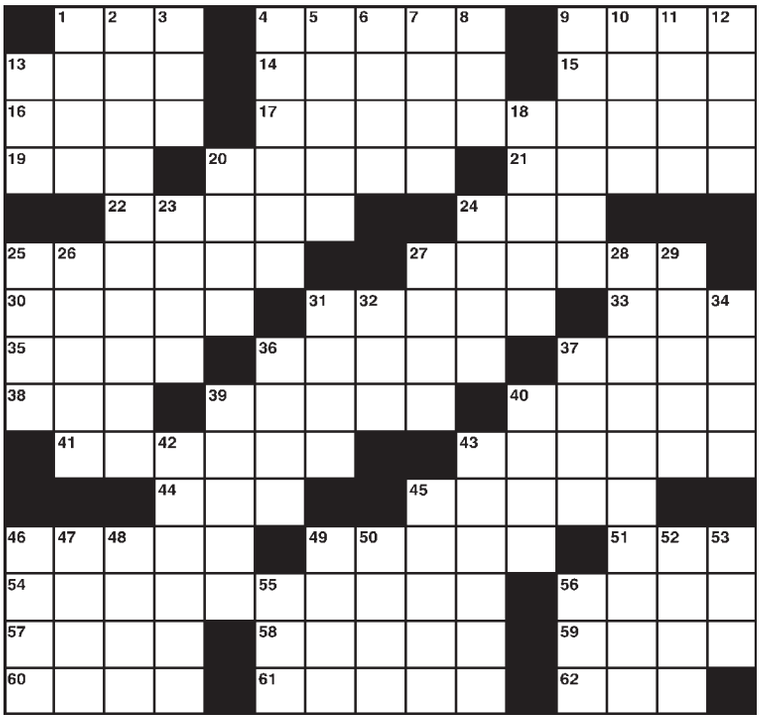
ACROSS

1 Lively dance
4 College officials
9 Sign of healing
13 Ridiculously small
14 Typo
15 Rail rider
16 Apple taster
17 Made-up
19 Last calendar pg.
20 Hidden supply
21 Takes a break
22 Studies at the eleventh hour
24 "__ Girl Friday"; Cary Grant film
25 Black-and-blue mark
27 Thick juice
30 Makes money
31 Say something
33 Period
35 Male deer
36 Hard to climb
37 June 6, 1944
38 Twitch
39 __ for; symbolize
40 Overuse the mirror
41 __ stew; creamy white soup
43 Cool dessert
44 Drag along behind
45 Europe's longest river
46 Christmas song
49 Beach souvenir
51 Forbid
54 Legit
56 Cruise along the runway
57 Strauss' "The __ Danube"
58 Give one's views
59 Mountain goat
60 Matching pairs
61 Tear to bits
62 Dads

DOWN

1 "Hey __"; Beatles hit
2 Mistake
3 Campus building
4 Vilify
5 Clapton & Roberts
6 Foremost
7 Musical symbol
8 __ Lanka
9 Most bashful
10 Dove sounds
11 Be against
12 Supervisor
13 Digs
18 Ruse
20 The Mamas & the Papas member
23 Piece of jewelry
24 Pile
25 Optimal
26 Numerical comparison
27 "__ I say more?"
28 Ethiopia's capital
29 Roves
31 "__ Trek"
32 Animal enclosure
34 Sort; variety
36 Goulash
37 Narcotic
39 Embezzled
40 Voter survey
42 Kitchen appliances
43 Shaped
45 Author Jules __
46 Hired vehicles
47 Competent
48 Disastrous defeat
49 Tenth-grader, for short
50 Head covering
52 Wood-splitters
53 Put the kibosh on
55 NYY rival
56 __ over; topple



BY TCA

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H	Y	U	A	V	C	S	C	B	J
E	F	I	L	D	L	I	W	H	K
R	E	O	Y	M	G	M	W	X	A
B	L	T	R	Y	F	S	L	O	I
I	E	A	R	G	E	V	L	A	C
V	P	I	B	U	E	R	V	L	I
O	H	L	X	G	N	T	G	L	R
R	A	B	U	F	R	K	S	U	T
E	N	H	U	H	A	U	J	B	A
C	T	N	X	N	Q	B	M	S	P

Bull
Calve
Cow
Ear
Elephant
Forgets
Grey
Herbivore
Huge
Patricia
Sims
Tail
Trunk
Tusk
Wildlife

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W	E	L
O	R	A
M	N	W

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	5			2	7		6	1
7	1		8		6			
9	2	6	4			7	3	
4			7		9		1	5
5	9	1				8	7	4
3	7		5		4			6
	3	9			8	5	2	7
			3		2		8	9
2	8		1	9			4	

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H	A	L	E		A	L	L	E	N		R	A	I	D
	H	E	A	R	T	L	E	S	S		O	D	D	S
			D	O	E	S			B	O	A			
A	S	S	E	T	S		I	N	U	N	D	A	T	E
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B	O	N	E		K	I	T	E	S		G	A	T	E
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